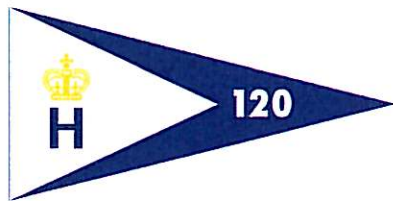


RHYC Development Centre Spring Tune-up Clinic

Featuring Evan Lewis

Saturday, May 10 & Sunday, May 11, 2008

For Laser, Radial and Double-Handed Sailors



Join coaches Evan Lewis and Jessica Broe-Vayda for an intensive weekend of on-water training and off-water development.

Topics include: Mental training, Season Planning and Goal Setting.

Additional Feature: Nutrition for Sailors and Parents –
May 10th at 17:00

An information session for athletes and parents

Registration is limited.
Clinic: \$50 per athlete

If you are already enrolled in our spring regional training program, you can be enrolled in this clinic without an additional fee. For more information on the RHYC Regional Coaching Program go to:

<http://www.rhyc.on.ca/nwchampions.htm>

Or call Amy at 905 528 8464 ext 228